porarily be assigned until the problematic milestone is overcome. Each digital coach can emphasize different program aspects and can determine appropriate program milestones and/or offer different suggestions. Such coach-based program tailoring can be achieved by assigning a series of weighted factors to each coach, where the coaches' factors can be combined with weights generated from participant metrics to ultimately compute a suitable wellness program tailored for the needs of the participant.

[0013] One aspect of the present invention can include a method for providing personalized wellness programs. The method can include the step of receiving participant metrics, the metrics including data elements indicative of a plurality of mental and physical attributes relating to wellness of an associated participant. Numerical weights can be assigned to selective ones of these metrics. A wellness program can be algorithmically determined based at least in part upon the assigned weights. The wellness program can include multiple stages. A first one of these stages can be presented to the participant. The participants performance of the first stage of the program can be automatically evaluated using a data-driven approach. The performance evaluation can be based at least in part upon the participant metrics. A second one of the stages can be presented when the evaluated performance indicates a successful completion of the first stage.

[0014] It should be notated that the invention can be implemented as a program for controlling a computer to implement the functions described herein, or a program for enabling a computer to perform the process corresponding to the steps disclosed herein. This program may be provided by storing the program in a magnetic disk, an optical disk, a semiconductor memory, any other recording medium, or distributed via a network.

[0015] Another aspect of the present invention can include a system for establishing personalized wellness programs including a participant data engine, a program engine, a coach engine, and/or wellness tools. The participant data engine can security store participant metrics. The program engine can establish and maintain personalized wellness programs for program participants. Each wellness program can be customized for a participant based upon the participant metrics. The wellness programs can include a multitude of progressive stages, where at least a portion of these stages require a mental milestone to be achieved before successful stage completion and at least a portion of the stages requiring a physiological milestone to be achieved before successful stage completion. The coach engine can include a multitude of digital coaches, each coach having an associated appearance, simulated personality, and coaching style. Each coach can interactive guide a participant through the wellness program designed for the participant. The wellness tools can include, but are not limited to, a college tool, a nutritional laboratory tool, a gym tool, and/or a library tool.

BRIEF DESCRIPTION OF THE DRAWINGS

[0016] There are shown in the drawings, embodiments that are presently preferred, it being understood, however, that the invention is not limited to the precise arrangements and instrumentalities shown.

[0017] FIG. 1 is a schematic diagram illustrating an automated wellness system in accordance with the inventive arrangements disclosed herein.

[0018] FIG. 2 is a graphical user interface for one embodiment of an interactive wellness application in accordance with the inventive arrangements disclosed herein.

[0019] FIG. 3 is a schematic diagram illustrating one embodiment of a system in which the wellness program computing components can operate in accordance with the inventive arrangements disclosed herein.

[0020] FIG. 4 is a flow chart illustrating a method for establishing an automated wellness program in accordance with the inventive arrangements disclosed herein.

DETAILED DESCRIPTION OF THE INVENTION

[0021] FIG. 1 is a schematic diagram illustrating an automated wellness system 100 in accordance with the inventive arrangements disclosed herein. The system 100 can include a participant data engine 110, a program engine 105, a coach engine 105, and tools 120 communicatively linked via bus 135. The bus 135 can include any communication pathway, such as a circuitry link, a wireless connection, and/or a network connection.

[0022] The participant data engine 110 can store metrics for each participant. The participant data engine 110 can also utilize one or more data repositories 130, which can be distributed across a network space. In one embodiment, the participant data engine 110 can securely encrypt participant metrics so that only the appropriate participant and the automated system are privy the metric data. In some instances where metric data is conveyed outside the system 100 or monitored by system administrators, the identity associated with metric values can be redacted or obscured by the participant data engine 110 to ensure information confidentially.

[0023] The program engine 105 can compute participant-specific wellness programs in a data-driven fashion using information provided by the participant data engine 110. Each participant unique wellness program can include a multitude of different stages, particular ones of which execute in parallel and particular ones of which execute in series with other stages. Different ones of these stages can be presented to a participant as the participant progresses in the program.

[0024] For example, stage one of an illustrative wellness program can focus on a mental hurdle that has habitually resulted in participant weight gain. Stage two of the same program can include a rudimentary fitness program designed to slowly enable the participant to walk for one mile a day. Stage three of the program can initialize a dietary and nutrition segment of the program. The program engine 105 can determine, based upon participant metrics, that stage one and stage two can be performed simultaneously. Stage three of the program, however, may not be initiated before both stage one and stage two have been successfully performed.

[0025] Accordingly, programs can be tailored so that dietary requirements are not imposed upon a participant before the participant have overcome a few of the critical hurdles that represent the underlying source of difficulties resulting in an undesirable body form. That is, participants are not expected to overcome all their problems at once. Instead, problems and hurdles can be overcome incrementally, thereby preventing a participant from being over-